



CHALLENGE YOURSELF!

Habit # 1 Eat a Quick, Balanced Breakfast Everyday

- ½ peanut butter and jelly sandwich with ½ orange
- Egg whites scrambled with salsa wrapped in a tortilla
- Low fat yogurt and frozen berry smoothie
- Whole grain cracker with almond butter and apple slices
- Whole food energy bar and 1 pear
- Stir-fried veggies and rice leftovers
- Small bowl of cereal with low fat milk and a couple nuts

Habit # 2 One More Vegetable Everyday

- Lots of salsa in a bean burrito
- Add a salad to lunch and dinner
- Double your portions of steamed vegetables
- Add chopped zucchini and spinach to store-bought spaghetti sauce
- Make a crudité plate to snack on—cut up broccoli, cauliflower, bell peppers, carrots and zucchini as a part of putting the groceries away
- Take cherry tomatoes and edamame to work for an afternoon snack
- Try a vegetable juice—tomato, carrot, parsley, whatever suits you!

Habit # 3 Stay Fluid Everyday

- Stash water bottles in the car, your office and workout bag
- Carry a water bottle with you
- Flavor water with lemon, lime or orange slices
- Freeze berries and grapes to use as ice cubes
- Drink decaffeinated iced or hot green tea or black tea for a hydrating antioxidant boost
- Wear rubber bands for the number of bottles you want to drink in a day—take one off every time you fill up!

TO CREATE HEALTHY HABITS

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